

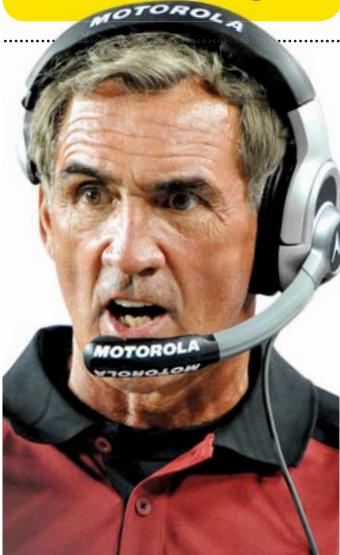
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express

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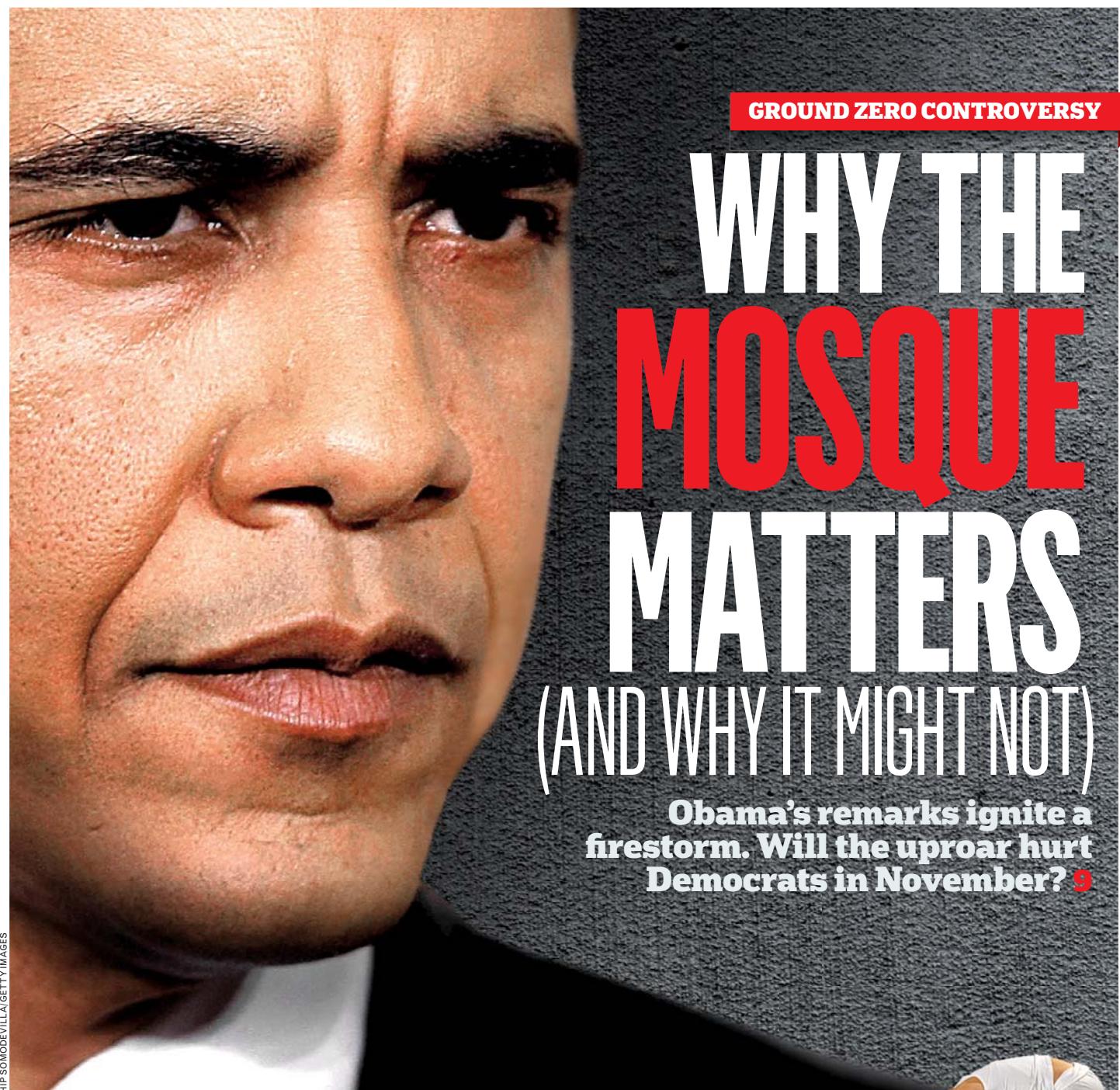
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AUGUST 17, 2010 | A PUBLICATION OF The Washington Post | NEWS, ENTERTAINMENT, ARTS, LIFESTYLES | FREE DAILY



GROUND ZERO CONTROVERSY

WHY THE MOSQUE MATTERS (AND WHY IT MIGHT NOT)

Obama's remarks ignite a firestorm. Will the uproar hurt Democrats in November? 9



Yoga retreats to help you 'Eat Pray Love' 15

CHIP SOMODEVILLA/GETTY IMAGES



EYE OPENERS

You Must Be This Close To Death to Ride This Ride

A 78-year-old man rode a Pittsburgh-area roller coaster 90 times in one day — bringing his lifetime total to 4,000 rides. Vic Kleman spent about five hours on the Jack Rabbit ride at Kennywood Park Sunday. The wooden coaster is celebrating its 90th anniversary — the number that prompted Kleman's marathon riding session. Kleman says he's been going on the Jack Rabbit since 1959, usually about 20 times a visit. (AP)

"It has the classic red velvet flavor with a hint of vinegar, cocoa and sweetness."

— SARAH RYAN OF SAN FRANCISCO'S AMERICAN CUPCAKE, WHICH DEBUTED RED VELVET FRIED CHICKEN THIS WEEK.

'Do Anything Stupid, I'll Give You Leprosy'



A man was jailed on charges he robbed a Somerset, Pa., supermarket pharmacy while his face was wrapped in medical bandages and a surgical mask. Edward Singer gave the pharmacist a note that read, "Don't do anything stupid, this is a holdup." The note also demanded Suboxone, which is used to treat opiate addictions, and OxyContin. The thief took the pills and drove away in a pickup that police stopped a short time later for failing to stop at an intersection. (AP)

The Big Picture

DAVE CHIDLEY/AP/THE CANADIAN PRESS



CHRISTY HIEMSTRA tried hard at the Clovermead Bees & Honey Bee Beard Competition in Aylmer, Ontario, on Saturday. But she was bested by fellow Canadian Tibor Szabo, who allowed thousands of honey bees to cover his entire head and neck. (EXPRESS)

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In Brief

BOSTON

Probe Launched After Craigslist Suspect Dies

A Boston city councilor called Monday for an independent investigation of jailhouse procedures after the apparent suicide of Philip Markoff, who was awaiting trial in the death of a masseuse he met through Craigslist. Markoff should not have been able to kill himself while in custody, Councilor Stephen Murphy said. (AP)

SAN FRANCISCO

Court Halts Gay Weddings

A federal appeals court put same-sex weddings in California on hold indefinitely Monday while it considers the constitutionality of the state's gay marriage ban. The decision, issued by the 9th U.S. Circuit Court of Appeals, trumps an order that would have allowed clerks to begin issuing marriage licenses to same-sex couples on Wednesday. (AP)

193

The number of years the Ohio Clock has stood watch over the U.S. Senate. The 11-foot-tall clock is slated for a restoration in Boston. No one knows how it became associated with Ohio, as it was made in Philadelphia and shipped straight to Washington. (AP)

Shrimpers Return to La. Waters

Season starts in Gulf amid concerns over price, safety of catch

New Orleans

Shrimpers returned to Louisiana waters Monday for the first commercial season since the Gulf of Mexico oil disaster, uncertain what crude may still be in the water and what price they'll get for the catch if consumers worry about possible lingering effects from the massive BP spill.

The spill has put a crimp in the fishing industry in a state that ranks first in the nation in producing shrimp, blue crab, crawfish and oysters — a \$318-million-a-year business in Louisiana. U.S. Commerce Secretary Gary Locke planned to visit the state Monday to lunch with fishermen and talk to seafood industry representatives.

Perhaps the biggest fear is that some fisherman might try to sell oil-contaminated shrimp and scare consumers away again after prices crashed once already this summer.

"If you see oily shrimp, you got



Shrimper Brian Amos shows off some of his catch in Bastian Bay on Monday.

GERALD HERBERT/AP

Meanwhile ...

The final fix to the blown-out well at the heart of the oil spill remains at least a week away. Retired Coast Guard Adm. Thad Allen, the Obama administration's point man on the spill, said Monday that it will be roughly seven days after he gives the order to proceed with the so-called bottom kill before the well is dead. (AP)

to throw them back over. Go somewhere else. It's all you can do. And you hope everyone else does the same," said Dewayne Baham, 49, a shrimper from Buras.

Louisiana shrimp prices rose soon after the Deepwater Horizon rig exploded on April 20, killing 11 workers and triggering the spill that eventually spewed 206 million gallons of oil from BP's blown-out well. The price spike

was fed by fears that the shrimp would soon be unavailable.

Despite state and federal assurances that seafood reaching the market was safe, demand dropped and prices crashed a month ago, a concern among the fishers.

"I don't think people are worried so much about the resource, but the price," said Rusty Gaude, fishery agent for LSU Sea Grant Program. (AP)

**NEW JOBS**

Yale University says it has hired retired Gen. Stanley McChrystal to teach a graduate level seminar on leadership. McChrystal is the former commander of the Afghanistan war who was fired because of disparaging comments he and his aides made about their civilian bosses. Yale said that McChrystal's seminar will "examine how dramatic changes in globalization have increased the complexity of modern leadership." (AP)

Summer Allergies?

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Nation

Border Patrol Sees Spike in Agent Suicides

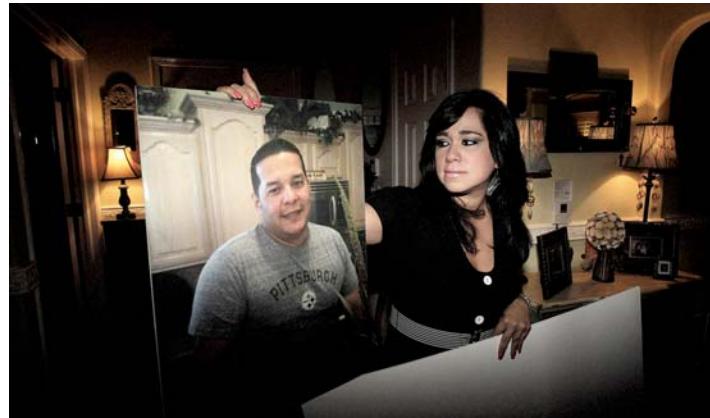
Feds insist deaths are not connected to volatile environment

Fort Hancock, Texas

After a bad day on the job as a Border Patrol agent, Eddie DeLaCruz went home and began discussing with his wife how to celebrate her upcoming birthday. Then he pressed his government-issued handgun under his chin and pulled the trigger.

"It was the ugliest sound I ever heard in my life," his widow, Toni DeLaCruz, recalled of that day last November. "He just collapsed."

A month later, one of DeLa-



LM OTERO/AP

Toni DeLaCruz's husband, Eduardo, a U.S. Border Patrol Agent, committed suicide.

Cruz's colleagues at the Fort Hancock border post put a bullet through his head, too.

Suicides including these have

set off alarm bells throughout the agency responsible for policing the nation's borders. After nearly four years without a single sui-

cide in their ranks, border agents are killing themselves in greater numbers. Records show that at least 15 agents have taken their own lives since February 2008 — the largest spike in suicides the agency has seen in at least 20 years.

Federal officials insist the deaths have nothing to do with the agency, which has doubled in size since 2004, or the increasingly volatile U.S.-Mexico border.

"It's a microcosm of life," said Christine Gaugler, head of human resources for Customs and Border Protection, the agency that oversees the Border Patrol. "There's no uptick. It has nothing to do with our hiring." PAUL J. WEBER (AP)

RETIREMENT



Robert Gates plans to retire next year, according to an interview published in Foreign Policy magazine. The defense secretary said that leaving in 2011 would give him time to oversee the major offensive in Afghanistan but bow out before the 2012 presidential elections. The announcement is setting off furious speculation as to who might take his place. (AP)

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World

China Vaults to No. 2 Economy

Country's breakneck growth could beat U.S. within a decade

Beijing

China has eclipsed Japan as the world's second-biggest economy after three decades of blistering growth that put overtaking the U.S. in reach within 10 years.

Japan is still far richer per person after confirming Monday that economic output fell behind its giant neighbor for the three months ending June 30. However, the news is more proof of China's arrival as a force that is altering the global balance of commercial, political and military power.

Analysts are already looking ahead to when China might match the United States in total output — which the World Bank and others say could be no more than a decade away.

"This means the world will pay more attention to China, especially when most Western countries are mired in the bog of debt prob-



Japan lost its place to China as the world's No. 2 economy in the second quarter.

\$3,600

China's per capita income last year — compared with \$37,800 in Japan and \$42,240 in the U.S.

lems," said economist Lu Zhengwei at Industrial Bank in Shanghai.

Unseating Japan caps three decades of breakneck growth that

has cemented a dramatic change in China's place in the world.

State-owned Chinese companies have emerged as major resource investors, pouring billions of dollars into mines and oil fields from Latin America to Iraq. Chinese pressure helped to win a bigger voice for developing economies in the World Bank and other global institutions. Still, China's rise has pro-

Not Big in Japan

Japan has held the No. 2 spot after the U.S. since 1968, when it overtook West Germany. From the ashes of World War II, the country rose to become a global manufacturing and financial powerhouse. But its so-called "economic miracle" turned into a massive real estate bubble in the 1980s before imploding in 1991. What followed was a decade of stagnant growth and economic malaise from which the country never really recovered. (AP)

duced glaring contradictions. The wealth gap between an elite who profited most from three decades of reform and its poor majority is so extreme that China has dozens of billionaires, while average income for the rest of its 1.3 billion people is among the world's lowest.

"We are at the point now where China is overtaking the U.S. to be the engine of growth in consumption," said Amar Gill, a researcher for brokerage CLSA Asia-Pacific Markets. (AP)

In Brief

KABUL, PAKISTAN

Karzai: Contractors Must Quit in Four Months

Afghanistan's President Hamid Karzai issued an ultimatum Monday to thousands of private security contractors he says are undermining his nation's army and police force: Cease operations in four months.

The decision is expected to meet resistance from NATO officials. (AP)

DARMSTADT, GERMANY

German Pop Star Tried Over HIV Allegations

A German singer facing accusations that she infected a man with the virus that causes AIDS acknowledged in court Monday that she had unprotected sex despite knowing she was HIV-positive. Nadja Benissa, 28, a member of No Angels, is charged with grievous bodily harm for allegedly infecting a partner with the virus in 2004 and also faces charges of attempted bodily harm for having unprotected sex with two other men. (AP)

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Arlington, Herndon, and Loudoun

One Killed in Colombia Plane Crash 'Miracle'

Bogota, Colombia

A Boeing 737 jetliner carrying 131 people crashed in a thunderstorm and broke into three pieces as it slid onto the runway on a Colombian island on Monday. The region's governor said it was a miracle that only one person died.

Colombian Air Force Col. David Barrero said officials were investigating reports the plane had been hit by lightning before crashing at 3:49 a.m. EDT on San Andres Island, a resort area about 120 miles east of the Nicaraguan coast.

San Andres Gov. Pedro Gallardo said 125 passengers and six crew members had been aboard Aires Flight 8520, but the only



RICHARD GARCIA/AP

The Boeing 737 crashed Monday as it landed in bad weather on San Andres Island.

person killed was Amar Fernandez de Barreto, 68.

"It was a miracle and we have to give thanks to God," that only

one person died, said Gov. Pedro Gallardo.

Officials said 119 people were treated or checked at local clin-

ics and five of them were seriously injured.

Passengers said the pilot had announced an impending landing and all seemed normal as the plane descended through rain and lightning. But suddenly it hit short and then slid onto the runway on its belly as the fuselage fractured. Ninety-nine passengers were taken to the Amor de Patria Hospital on San Andres, said the hospital director, Dr. Robert Sanchez.

Sanchez said an initial examination indicated that Fernandez de Barreto may have died of a heart attack. "It's incredible. For the dimension [of the accident], there should be more," he said.

VIVIAN SEQUERA (AP)

SANCTIONS



U.S.-based Rapaport Diamond Trading Network took a stand Monday and announced it will expel any member who knowingly trades gems from two Zimbabwe mines where laborers have been killed and children enslaved. The decision is being hailed as an unprecedented move that will boost buyer awareness of blood diamonds. (AP)

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Cover Story

Obama's Mosque Miscue

By wading in, the president made NYC muslim center an obstacle Dems don't need

Washington

President Obama's decision to wade into a debate about whether to allow a mosque to be built in the vicinity of the site of the Sept. 11, 2001, attacks in New York City has left many Democratic strategists concerned about the impact it might have on a fall election already looking dismal for their side.

Obama made initial remarks about the importance of religious freedom and tolerance, which were taken by many as an endorsement of the mosque construction, on Friday and then

re-visited the topic on Saturday to make clear he was speaking in a general sense and not about any specific project.

"How can this possibly be helpful when feelings are still so raw on the issue?" said a senior Democratic political operative. "It's best to say nothing and let the process and appeals unfold."

A senior Democratic consultant offered this: "He is right on substance but wrong on politics and right now we need to focus on politics."

That sentiment is perhaps the most reflective of where most Democrats charged with keeping majorities in the House and Senate this fall stand; not why but why now?

Democrats have found themselves off the economic message they want to be driving for the better part of the last month — White House press secretary Robert Gibbs' comments about the House majority being in play, the Shirley Sherrod incident, the ethics charges swirling around Reps. Maxine Waters (Calif.) and Charlie Rangel (N.Y.) — and with only 11 weeks left before the midterm elections it's hard to sacrifice even a few days here or there, as this mosque controversy will almost certainly do.

Makings of a Controversy

"I will not comment on the wisdom of making a decision to put a mosque there."



President Obama waded into the debate over building a mosque at ground zero Friday at the annual White House dinner celebrating the Islamic holy month of Ramadan, saying: "Muslims have the same right to practice their religion as everyone else in this country. And that includes the right to build a place of worship and a community center on private property in Lower Manhattan, in accordance with local laws and ordinances."

By Saturday, the president was in Florida — and elaborating.

"I was commenting very specifically on the right that people have that dates back to our founding," he said in trying to put out what was already turning into a potential firestorm.

That doesn't mean Obama was backing off his initial remarks, aides said.

"The president didn't do this because of the politics," Obama spokesman Bill Burton said Monday. "He spoke about it because he feels he has an obligation as the president to address this." (AP)

"We all know that they have the right to do it, but should they. This is not above your pay grade."



— SARAH PALIN, THE FORMER ALASKA GOVERNOR, USING HER TWITTER ACCOUNT TO DRUM UP OPPOSITION TO THE PRESIDENT'S HANDLING OF THE MOSQUE CONTROVERSY.

"Nazis don't have the right to put up a sign next to the Holocaust Museum in Washington. We would never accept the Japanese putting up a site next to Pearl Harbor. There's no reason for us to accept a mosque next to the World Trade Center."



— NEWT GINGRICH, THE FORMER HOUSE SPEAKER, TAKING A STRONG STANCE AGAINST THE MOSQUE NEAR GROUND ZERO AS HE MULLS A POTENTIAL RUN FOR THE PRESIDENCY IN 2012.



"If we shout — shut — down a mosque and community center two blocks from where freedom was attacked, it will be a sad day for America."

— MICHAEL BLOOMBERG, NEW YORK CITY'S MAYOR, AGAIN REAFFIRMING HIS SUPPORT FOR THE CONTROVERSIAL MOSQUE.

YES

64%

FOX News Poll

Is it wrong to build a mosque so close to ground zero?

YES

70%

CNN Poll

FOX NEWS POLL OF 900 REGISTERED VOTERS; CNN POLL OF 1,009 ADULT AMERICANS, INCLUDED 935 REGISTERED VOTERS

Senate Majority Leader Harry Reid stoked the debate Monday when he said he favored the mosque being built elsewhere.

"We needed this right now like a hole in the head," said a senior Democratic consultant. "At a time when we need to be playing offense on economics, this puts us back on defense."

The push-back from allies of the White House is that President Obama felt compelled to speak out on the issue, it was the right thing to do and he did it. Political concerns, they argue, were the furthest thing from his mind.

The debate over Obama's role in the controversy highlights, yet again, that the White House and Congressional Democrats are operating on two different political timelines.

For Obama, his position on the mosque is one that, generally, affirms his brand as an above-politics president who eschews political considerations in order to do what he believes is right.

And Obama still has more than two years before he stands before voters and seeks a second term. In that time, it's a near-certainty that the mosque issue will be long forgotten — particularly if the economy doesn't recover at a more rapid pace.

Congressional Democrats, on the other hand, don't have that kind of time. With all signs pointing to a very tight mid-term election for, the party needs everything to go just right.

While there is clearly consternation within Democratic political ranks over the White House's approach to the mosque, it's also worth remembering that it's August in Washington — so what looks like a mountain today could well be a molehill by November.

"This is in the long tradition of 'August issues' — things that seem central at the moment during the summer, but doubtful that they will have legs into October, especially when the voters have bigger issues they care about," said a senior party operative.

CHRIS CILLIZZA (THE WASHINGTON POST)

Local

DIY Slaughter Gains Popularity

Local farmers cater to Muslims looking to follow faith's rules

Mt. Airy, Md.

In a barn in Mount Airy, Ali Manguera pinned a 69-pound goat to the concrete floor, pointed the animal's head toward Mecca — some 7,000 miles east of this rural Maryland farm — and slit its throat in a single, expert motion.

Manguera knows this process well. Following a centuries-old tradition, he has been slaughtering his own animals for Muslim holidays since his childhood in Somalia.

But like thousands of immigrants in the Washington area, Manguera has been forced to adapt old practices to a new land — a country where state and federal regulations, as well as cultural barriers, complicate the booming business of halal ritual animal sacrifice and slaughter.

Manguera removed the skin and intestines from the animal, draining the entrails into a yellow bucket.



Francisco Ortega, a farm manager at Wagon Wheel Ranch in Mount Airy, Md., wrangles a goat into the ranch's custom slaughter facility before it's killed on Aug. 13.

"As long as it's humane, we allow the customer to do whatever their tradition and religion dictate."

— JOE CAVANAUGH, OWNER OF LAMBCO, A SLAUGHTERHOUSE IN NEW WINDSOR, MD., THAT CATERS LARGELY TO MUSLIMS LOOKING FOR HALAL PREPARED MEAT.

An extra pair of hands would have helped, but farmer Brian Schiner and his managers looked on, unable to assist Manguera.

If any of the farm's employees had so much as touched the goat, they might have been in violation of the federal Meat Inspection Act. In the "on-farm slaughter" business, the law requires that customers buy the animal alive and kill it without

help from the farmer.

To avoid the messy nature of on-farm slaughter, many customers take home live animals and slaughter them in residential bathrooms and garages.

"We hold the animal on the garage floor and make sure the blood goes into the drain or the bushes," said Waqar Farhat, who grew up slaughtering animals in the hallway of his home in Pakistan.

This year, Farhat went to Lambco, a new slaughterhouse in New Windsor, Md., that caters largely to Muslims. He picked out a white boar goat from Lambco's pen. Slaughterhouse owner Joe Cavanaugh handed him a knife. Then Lambco assistant Frankie Williams carried the squirming goat inside, and Farhat pinned it under his knee in the pristine, almost clinical, room.

"As long as it's humane, we allow the customer to do whatever their tradition and religion dictate," Cavanaugh said, bending down to pick up a piece of goat intestine. "We just clean up afterwards."

KEVIN SIEFF (THE WASHINGTON POST)

DC Rider

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Evening DC 4 (Sun.).....	2-3-8-9
Mid-day D.C. Five	4-1-2-3-9
Evening D.C. Five (Sun.).....	8-7-8-7-4
Daily 6 (Sun.)	7-12-19-27-36-39 (30)

Maryland

Mid-day Pick 3	1-6-0
Evening Pick 3 (Sun.).....	8-0-1
Mid-day Pick 4	2-4-6-9
Evening Pick 4 (Sun.).....	5-6-1-5
Match 5 (Sun.).....	2-8-18-26-28 (11)

Virginia

Mid-day Pick 3	9-4-0
Evening Pick 3 (Sun.).....	8-2-7
Mid-day Pick 4	7-6-3-1
Evening Pick 4 (Sun.).....	0-1-5-6
Mid-day Cash 5 (Sun.).....	1-10-11-22-31
Evening Cash 5 (Sun.).....	1-9-18-20-29

All winning numbers are official only when validated at a claims location. Drawings that occur after Express' deadline will be published two days later.

Bloomberg Set to Endorse Fenty

Washington

New York City Mayor Michael Bloomberg is scheduled Tuesday to endorse Mayor Adrian M. Fenty in his reelection bid at a news conference at Carmine's, one of the newest restaurants to hit the District.

Bloomberg, a Democrat turned Republican turned independent, has been a major influence on Fenty and his administration. From education reform to the bullpen, Fenty has borrowed many ideas from

Bloomberg.

When Fenty, a Democrat, ran for election in 2006, he visited Bloomberg and other big-city mayors. After he was elected, he tapped Bloomberg and his administration to develop his plan for a mayoral takeover of the city's public school system.

New York City Schools Chancellor Joel I. Klein, Bloomberg's unorthodox choice to lead the school system there, recommended Michelle A. Rhee to Fenty. (TWP)

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SOLD OUT

If you were hoping to grab a ticket to see Jon Stewart in D.C., you're out of luck, WTOP reports. Stewart is bringing Comedy Central's "The Daily Show" to the Shakespeare Theater Company for four shows, Monday, Oct. 25, to Thursday, Oct. 28. He will be taping "When Grizzlies Attack: The Daily Show Midterm Teapartyganza." Tickets went on sale at 11 a.m. Monday and sold out in a matter of minutes. (THE WASHINGTON POST)



Pressing Returners

The camp has a long queue of return men angling for a job. With Rock Cartwright (kickoffs) and Antwaan Randle El (punts) not re-signed, the Redskins had nine players fielding kickoffs or punts at Sunday's practice. Six are new to the team.

Devin Thomas gradually took over the kickoff return duties toward the end of last season, but he had trouble handling the opening kickoff Friday night and didn't look smooth catching another kick. Rookie Terrence Austin, right, averaged 24.5 yards on two kickoff returns, and others will no doubt get a shot in Saturday's exhibition against the Baltimore Ravens.

Friday's special teams highlight was undrafted rookie Brandon Banks' 77-yard punt return for a touchdown, but Banks also muffed a punt and is considered very raw.



Fordson's Mohammad Jordan takes a sip of water during an evening practice.



Graham Gano has no competition as place kicker after joining the Redskins last year.

Kicking Themselves

The only punter in camp is also 34 years old. Josh Bidwell was a mainstay first with Green Bay and later with Tampa Bay before surgery on his right hip forced him to sit out the 2009 season. Bidwell has looked strong in camp and had a good game Friday night in the Redskins' pre-season opener against Buffalo, offering a ray of punting hope for a franchise that used four different punters in regular season games in 2009.

The lone kicker is Graham Gano, above, the latest possible solution for a position that has been a revolving door for some 15 years. Gano joined the Redskins late last season after playing in the NFL and hit all four of his field goal attempts. He's also having a good camp, but he didn't get a chance to try one Friday night.

NOTHING SPECIAL?

It seems nearly everything about the Redskins special teams is new and changeable. The punter didn't play at all last season because of an injury. The kicker has only four games of NFL experience. This year's punt returner will be different, and maybe the kickoff return man as well. The Redskins haven't exactly been a hallmark of special teams stability over the years, but this season there's no such thing as a sure-fire lock until the 53-man roster is set next month. "I don't look at it as an uncertainty at all — I look at it as unfamiliarity, really," special teams coach Danny Smith said. JOSEPH WHITE (AP)

Snap Decision

For years, that old reliable on special was Ethan Albright, the red-haired "Red Snapper" who had been around since 2001 and didn't have a bad snap during his nine seasons with the team. But Albright, 39, wasn't re-signed because coach Mike Shanahan wanted to go younger, so the team opened camp with 23-year-old Nick Sundberg.

Sundberg says he hasn't had a bad snap in a game since high school, but he's been inconsistent in camp with the Redskins. So veteran James Dearth, 34, right, was signed Sunday. He has a solid track record, having spent the past nine seasons with the New York Jets. Ironically, Dearth was purged in a youth movement by the Jets, who also opted for an unproven snapper.



Long snapper James Dearth took part in his first practice with the Redskins Sunday after coaches had concerns about Nick Sundberg.

Team Plays At Night for Holy Month

Prep Football

Illuminated by the lights on the football field, Adnan Restum joined a scrum of teammates at the end-zone water fountain, taking a break from a grueling preseason football workout to guzzle a drink.

In just a few hours, he wouldn't be able to take a sip. But the 17-year-old defensive tackle could rehydrate guilt-free during the 11 p.m. to 4 a.m. practice, and succumb to tempting boxes full of granola bars and chocolate milk, too.

The moonlight practice is tailored for Restum and fellow Muslim teammates who make up a majority of the Fordson High School squad in the large Arab community of Dearborn, Mich. It's a way to practice football and their faith.

Cutting practice wasn't an option at football-crazy Fordson, which has won four state titles and three runner-up seasons since it was established in 1928.

Coach Fouad Zaban, a Muslim and former Fordson player, knows the high stakes. When Ramadan falls during football season, the players practice during daylight hours. But with August's heat and doubled practice schedule, concerns grew about players' health.

"We know how hot it's been this summer — it's not safe," Zaban said. (AP)

Sports

PGA: Bunker Rule Just a Hazard of the Game

No rules changes are expected after Johnson's penalty

Golf

When the PGA Championship returns in five years to Whistling Straits, the rules on playing the countless bunkers may still be in place.

The golf world was still reeling Monday over the two-shot penalty given to Dustin Johnson on the final hole. He grounded his 4-iron in the sand to the right of the fairway, not aware he was in a bunker.

Johnson had a one-shot lead

when he teed off on the 18th. He missed a 7-foot par putt and seemed to slip into a playoff. But when he learned he had let his club touch the sand during his preshot routine, Johnson added two shots to his score and tied for fifth.

Asked if there was any consideration to change the unusual local bunker rule for 2015, PGA of America president Jim Remy said, "Not at this point."

It wasn't the first time someone paid for the bunker rule at Whistling Straits. When the PGA Championship was first played there in 2004, Stuart Appleby was penalized four shots late in the third round for removing a dead piece of



Dustin Johnson was assessed a penalty for grounding his iron into the sand.

grass (two shots) to the right of the 16th hole and touching the sand on a practice swing (two shots).

That didn't cost him a major championship, though.

What never will be known is how Johnson would have fared in the three-hole playoff, which Martin Kaymer won over Bubba Watson.

Johnson said he didn't look at the rules sheet that had been posted all week in the locker room and on the first tee throughout the week, explaining that every bunker was a hazard, even if they were outside the ropes where the gallery had been standing.

"It was unfortunate for Dustin. I feel bad for him," said Remy, the general manager of Okemo Valley Golf Club in Vermont. "But that's the rules of golf." DOUG FERGUSON (AP)

Hearsay



"He's the No. 1 player in the world — that's a pretty good 'pro.'"

— COREY PAVIN, EVALUATING THE PROS OF SELECTING TIGER WOODS TO THE RYDER CUP TEAM DESPITE WOODS' STRUGGLES THIS SEASON. PAVIN SAYS HE'S CONSIDERING WOODS "HIGHLY."

Pablo HERNANDEZ
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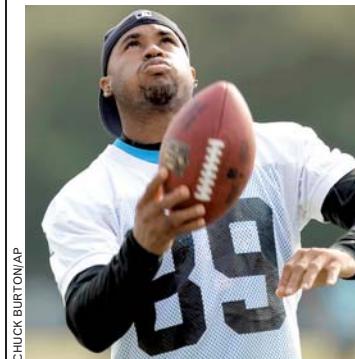
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Sports

In Brief



PRO FOOTBALL

Steve Smith Activated, Catches Live Passes

Carolina Panthers receiver Steve Smith has been activated off the physically unable to perform list and has caught live passes for the first time since breaking his left arm. Smith took part in only non-contact drills without defensive backs at the beginning of Monday's workout, during which he wore a baseball cap. But Smith looked sharp running routes and made a leaping grab of a high pass from Matt Moore. (AP)

PRO BASEBALL

Mets: K-Rod Tore Thumb Ligament, Needs Surgery

Mets closer Francisco Rodriguez has a torn thumb ligament in his pitching hand and will need surgery to repair the injury, which presumably was sustained when punching his girlfriend's father at Citi Field, the team announced. Rodriguez was suspended for two days without pay following the fight outside a family room at the ballpark last Wednesday. (AP)

TV Lineup

NATIONALS (7 P.M., MASN)

The Nats head on the road to face the Atlanta Braves.

LITTLE LEAGUE (7 P.M., 9:30 P.M., ESPN2)

The road to Williamsport continues with two games in Portland, Ore.

SOCER (2:30 P.M., CSN) Tottenham Hotspur battles BSC Young Boys in Champions League action.

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Body Talk



Kicking It Up

For most kickball teams in D.C., the focus is on how much you drink rather than how much you sweat. But anyone signing up for the Stonewall Kickball League (starts Mon., Sept. 13 at Stead Park — 1625 P St. NW; Stonewallkickball.com) better beware the crew from Vida Fitness. "We have some of the fittest people in the city," brags captain Ritchie Poe.

That includes both the health club's employees (such as Poe) and members. For the latter, Poe thinks the bonding

will lead to more motivation during workouts when they're at Vida. "This is an opportunity to interact and ask questions," he says.

Although kickball isn't known as a particularly athletic endeavor, Poe promises that the Vida team will be making the most of the sport's benefits, especially coordination and interval training. They'll also be sure to take the time to warm up and stretch. And the best part? "Just being outside and being part of a team," says Poe. After all, those are perks that are tricky to get when you're doing most of your exercise inside at a gym.

No word on whether any other gyms are preparing to do battle. But perhaps Results is ready to rumble?



To reach Vicky Hallett, e-mail vicky.hallett@readexpress.com

FRANCOIS DUHAMEL



Eat Pray Love Your Way

Spending 133 minutes watching "Eat Pray Love" isn't really enough time for most people to find themselves. But a full year — which is how long author Elizabeth Gilbert spent in Italy, India and Indonesia for the journey that inspired the Julia Roberts flick — is more time than most people are ready to commit. So how about a weekend? Or a week? These yoga retreats offer a vacation-length sample of self-discovery.



3 DAYS MONTANA

Instead of three countries, try three days. That's how long it takes to "Eat Pray Love" with **Montana's Big Sky Yoga Retreats** (\$995; Bigskyyogaretreats.com). Founded by Margaret Burns Vap, who ran Georgetown Yoga until moving across the country with her family in 2007, the company offers a slew of short adventures that pair yoga with hiking, skiing and horseback riding.

One of her most popular programs is the annual weekend getaway that focuses on the themes of Gilbert's book. "It's not Bali or India," Vap concedes, but the mountain scenery is still an inspiring backdrop for stretching and self-reflection. "I didn't realize how many people have the fantasy of coming out West and meeting a cowboy," she adds. (Even if participants don't find romance, they're likely to witness some love since it's held during elk mating season.)



4 DAYS VIRGINIA

Anyone in the D.C. area needing peace pronto can drive down to **Yogaville** (Integralyogaprograms.org), an ashram just south of Charlottesville, Va. "It's deep in the woods, up in the mountains. It is completely separate from the community," says Katherine Hambrice, a personal trainer and Pilates instructor at Cleveland Park's City Fitness who visited for a "personal retreat" two years ago (\$195-\$430, depending on how many nights and what sort of accommodations).

Over the four days, she communed with nature and spoke to practically no one — thanks to the "silent table" in the dining hall. "I wanted to give my mind a chance to quiet down," Hambrice says. But she ate (vegetarian cuisine), prayed (through meditation and yoga), loved (herself) and, as you probably guessed, went home happy.



11 DAYS NEPAL

If you're seeking a more international experience and have a few extra days, join Washingtonian Marni Kravitz's **Yoga Nepal** (\$2,588; Yoganepal.com) retreat. Like Gilbert, she headed east to explore, and found herself engrossed in a spiritual culture that she now wants to share with others. So Kravitz is organizing a trip this October through Kathmandu filled with daily yoga practices, visits to sacred sites and meditation at a Buddhist monastery.

"In 11 days are you going to get enlightened? Maybe there's someone out there who can be," she says. "But taking yourself from everything you know gives you the tools to cultivate inner joy and contentment." And a taste of this life can help you decide whether a quick break from the grind was all you were craving, or whether you're ready to quit your job and spend your days in lotus pose. **VICKY HALLETT (EXPRESS)**



Guinea Pig | Green Gums

Hygiene and hiking haven't always gone together. So outdoorsy types are sure to smile about Radius Biodegradable Organic Silk Floss (Whole Foods, \$2.99). The handspun threads are coated in vegan candelilla wax, so you can toss your used, plaque-covered strands wherever without feeling guilty. And although it looks pretty rough — is that a piece of skinny twine? — it's gentle against gums, doesn't fray and doesn't taste like anything at all.



To reach Vicky Hallett, e-mail vicky.hallett@readexpress.com



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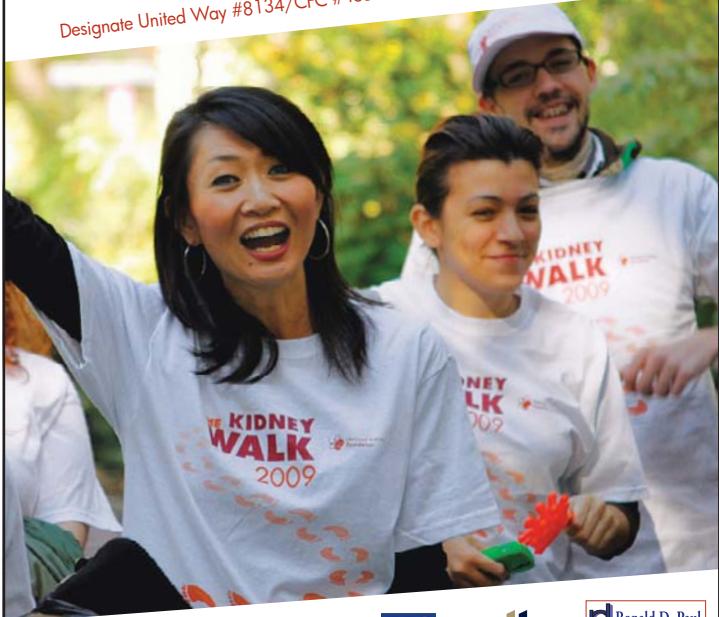
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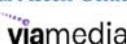
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The Best Advice? Shut Your Mouth

QI made mistakes early on in my marriage, but my husband and I worked through them. (Thank you counseling!) My stepdaughter is trying to figure out whether to stay with her high school boyfriend, who cheated on her while they were long-distance during their freshman year. We're close and she values my opinion. I feel like some of my views on cheating are affected by my experience. My husband is against revealing anything about our marriage, but I think it could help her. But I also don't want to go behind my husband's back. **NON-EVIL STEPMOM**

Before you go full-throttle into some made-for-reality-TV bonding session with your stepdaughter, think about how precious your relationships are, and consider the damage you could do when dancing on their boundaries. You're essentially seeking to reveal something private about your husband to his daughter, when not only is he against it but it's not at all necessary. There's also no telling how she might react: She might rather not have known, or might feel weird toward you or her father afterward. She's still practically a teenager. For now, just be discreet.



@ Send your mental health and emotional wellness questions to Andrea Bonior, Ph.D., at baggage@readexpress.com. This column is not a substitute for one-on-one care.

By Dr.
Andrea
Bonior

When 'Casual' Won't Cut It

Q

My boyfriend is really disrespectful toward my parents. He calls it being "casual" but they take it badly. He doesn't acknowledge them when they arrive for a visit if he's on the computer or texting someone. My dad would like him to stand and shake hands and call him "Sir." I can never see my boyfriend doing this. I tell him that it's important to me but we just keep fighting about it. **FRUSTRATED GIRLFRIEND**

So your boyfriend's not the type to call your father "Sir" — that could be OK if he's not a total jackinape when they first arrive. "Casual" is fine; downright rude is not.

Rarely do I side so easily with one or the other in relationship dilemmas. After all, I know I'm not getting the full story. But I hold the following truths to be self-evident:

a) If he values your relationship, he needs to make an effort to show respect to your parents. b) If he can't show respect by acknowledging them on their terms, he can at least show respect by acknowledging them ... period. And finally, c) If he really can't do this much for you, I'm not feeling so great about the state of your relationship.

Event Horizon

Deck Diabetes

Fight diabetes by partying! That's the idea behind "Step Out, Jump In," which is taking over the rooftop pool terrace at The Liaison Capitol Hill tomorrow night (\$10 suggested donation; 5:30 p.m.-8 p.m.; 415 New Jersey Ave. NW; register by calling 202-331-8303 ext. 4537, or e-mailing cstephens@diabetes.org). It's a cash bar, but workout demos by Fitness Together, nibbles from Art & Soul and healthy info sessions will be free all night long.

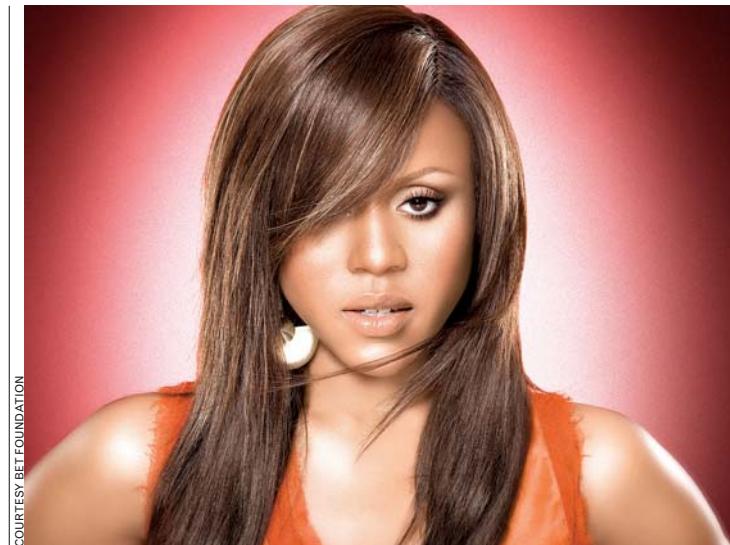
Keep the Faith in Fitness

Join BET to praise eating well and exercising regularly

Event

Gospel means "good news," reminds exercise guru Donna Richardson Joyner. "And I'm a messenger of good health," she says. That's why Joyner will be leading an aerobic "party with a purpose" at Reid Temple AME Church (11400 Glenn Dale Blvd., Glenn Dale, Md.) this Saturday when BET's Women's Health Symposium tour comes to town.

Despite the name, the all-day (8 a.m.-4 p.m.) event is aimed at the entire family. The schedule includes a men's basketball challenge, cooking demos, free screenings and fun stuff, including a performance by R&B star Deborah Cox. "We remove all the excuses," says Cox, who signed on because she recognizes how challenging it



R&B singer Deborah Cox says establishing a routine has helped her stay healthy.

can be to stick with a healthy routine. In keeping with the church setting, Cox will be belting gospel tunes, which she says always get her motivated to move.

Earning a spot on the national tour isn't an honor as much as it's a

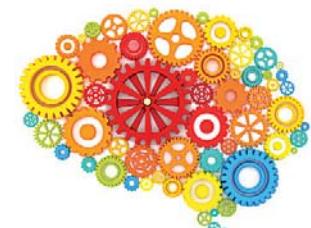
wake-up call, says Debra Kilpatrick, program director for BET's Women's Health Symposium. Washington was chosen because of its huge health disparities — African-American communities in the region are disproportionately facing high rates

of obesity, diabetes and other health risks. The mission of the tour is to "break down barriers and entertain [the public], but ultimately educate them," Kilpatrick says. And just as important is to empower them, by helping them realize that change is possible. "We promote activity, not just the gym," she adds.

Joyner says the church location is critical because it will help people recognize the connection between faith and fitness. "Pastors will tell you that there are too many people dying before they fulfill their purpose," she says. To make sure one's temple is in top condition, you have to think about what you're eating and how you're exercising. Joyner promises to provide an all-level chance to "get our groove on." "You know the runner's high? We're going to have a spiritual high," she says. "And it feels good."

Register at [Betfoundation.org](#) or by calling 1-866-356-7348.

VICKY HALLETT (EXPRESS)



Stethoscope

The Truth About Muscle Memory

Don't stress about missing a few workouts. You can take months off from the gym without losing any strength, say Japanese researchers. In the study, people performed an exercise program for three months and then took a three-month break. At the end of their hiatus, participants were just as strong as they were before.

That's because consistent training builds a mind-muscle connection, which helps you maintain your strength, say the researchers. Of course, the real problem with your extended leave of absence isn't that your muscles will waste away — it's that your gut won't. Plan on taking a vacation? Cut calories to compensate for the time off. (REPRINTED WITH PERMISSION OF MEN'S HEALTH © RODALE INC.)

Om on the Orange Line

Three new studios bring extra asanas over to Arlington

Yoga

It's the downward dog days of summer in Arlington, with the opening of three yoga studios.

If the triple-digit temps aren't enough for you, Supernova Yoga (4019 N. 5th Rd.; 517-257-7772; [Supernovayoga.com](#)), which opened in March, turns up the thermostat to 100-plus degrees and 50 percent humidity for its 90-minute bikram classes. There are opportunities for yogis of all experience levels to sculpt a hot bod 25 times a week. "The day I started doing this yoga, I said, 'I can't believe there isn't one of these studios in

Arlington,'" says Jaime Corbett, who owns Supernova. "I think I found my calling in life."

For a less sweaty centering, shimmy over to Saffron Yoga

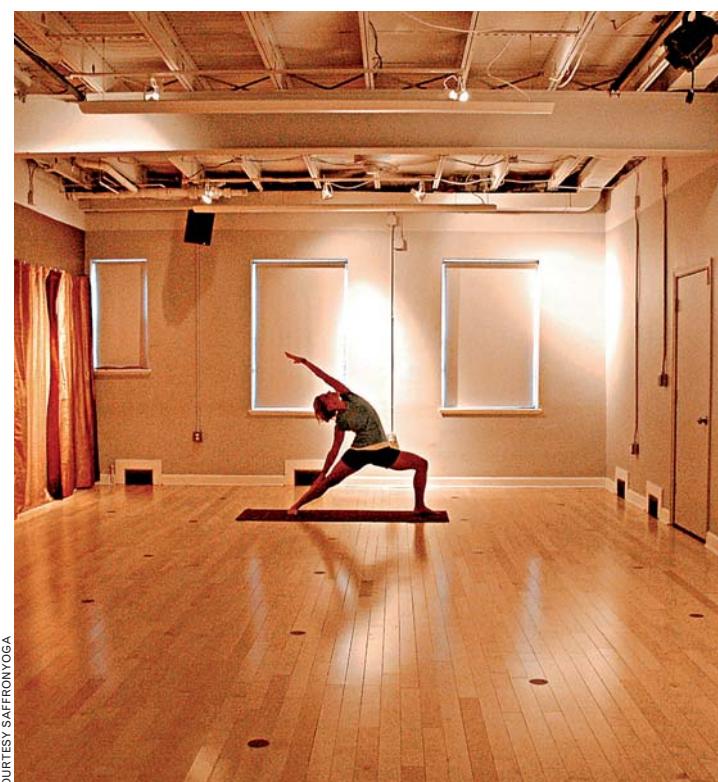
"The day I started doing this yoga, I said, 'I can't believe there isn't one of these studios in Arlington.' I think I found my calling in life."

(3260 Wilson Blvd.; 703-276-2355; [Saffron-yoga.com](#)), which is an offshoot of Saffron Dance. Now they go beyond belly dancing to body centering with classes inspired by

the Anusara style. "On and off the mat, it's about being a more heart-oriented, spiritual individual," says Wendy Christensen, Saffron's program director.

Before Saffron debuted its yoga classes early last month, it rented space to Tranquil Space, which just finally opened its own Arlington studio a few blocks away (3528 Wilson Blvd.; 703-829-6428; [Tranquilspace.com](#)). "We were getting a lot of requests to come out there," says Kimberly Wilson, creative director and founder of Tranquil Space. Most of the schedule will resemble the one offered at the Dupont Circle location, but since the suburb has more of a family vibe, expect to see baby and me classes.

Summer's almost done, so get to those sun salutations — no SPF required. STEPHANIE KANOWITZ



First-time students at Saffron Yoga, above, can attend three classes for \$33.

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Recipe File

PEPPER-CRUSTED CHICKEN SALAD WITH ROASTED GARLIC CAESAR DRESSING

Start to finish:

**1 hour 20 minutes
(35 minutes active)**

Ingredients

For the dressing:

- **1 large head garlic**
- **1/4 cup nonfat plain yogurt**
- **1/4 cup freshly grated Parmesan cheese**
- **1 tablespoon extra-virgin olive oil**
- **1 tablespoon lemon juice**
- **1/2 tablespoon white wine vinegar**
- **1 teaspoon Dijon mustard**
- **2 anchovy fillets, rinsed**
- **Salt and ground black pepper, to taste**

For the salad:

- **1 pound boneless, skinless chicken breasts trimmed of fat**
- **1 teaspoon extra-virgin olive oil**
- **1/4 teaspoon salt, or to taste**
- **Ground black pepper, to taste**
- **8 cups washed, dried and torn romaine lettuce**
- **1 cup fat-free croutons**
- **Shredded Parmesan cheese, for garnish (optional)**
- **Lemon wedges**



Makes Four Servings

Heat the oven to 400 F.

To make the dressing, on a cutting board, using a sharp knife, slice about 1/2-inch off the top of each head of garlic, exposing the individual cloves. Set each head on a square of foil and sprinkle with a tablespoon of water. Pinch together the edges of the foil to create a packet. Roast for 45 minutes. Unwrap and let cool slightly before squeezing the pulp from the cloves.

In the bowl of a food processor or blender, combine the roasted garlic pulp, yogurt, cheese, oil, lemon juice, vinegar, mustard and anchovies. Process until smooth. Season with salt and pepper, then cover and refrigerate until ready to use.

To make the salad, heat a gas grill

to medium-high or light a charcoal fire.

Rub the chicken with oil and season with salt. Coat the outsides heavily with pepper. Grill the chicken until browned and a thermometer reads 165 F at the center.

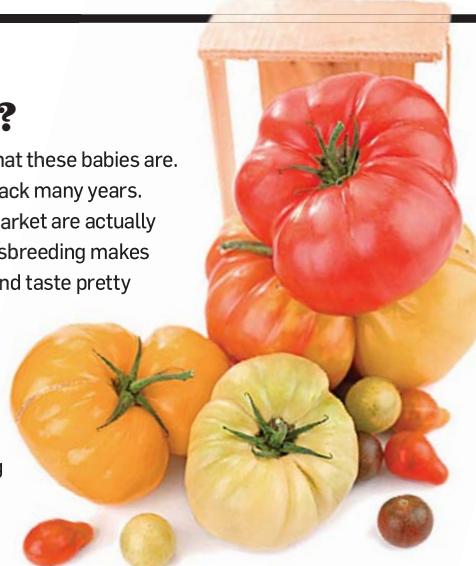
In a large bowl, combine the lettuce and croutons. Toss with 1/2 cup of the dressing, then divide among 4 plates. Cut the chicken into 1/2-inch slices and arrange over the salad. Garnish with shredded Parmesan cheese, if desired. Serve immediately, with lemon wedges. (AP)

 **257 calories; 77 calories from fat; 9g fat (2g saturated; 0g trans fats); 73 mg cholesterol; 11g carbohydrate; 33g protein; 2g fiber; 519mg sodium.**

Super Foods

What the Heck Is an Heirloom?

When you think heirloom, you think antique — and, in a way, that's what these babies are. They're tomatoes that come from an original family line that dates back many years. The perfectly shaped red tomatoes you pick up at your local supermarket are actually hybrids, made by crossing two or more types of tomatoes. This crossbreeding makes them disease resistant and hardier, but it also causes them to look and taste pretty much the same (which is often on the bland side). Heirlooms are left alone and can be all different colors and sizes — and each type has its own distinct flavor. "Heirloom tomatoes have character that store-bought tomatoes don't have," says Ethne Clarke, editor-in-chief of Organic Gardening. Search out colorful varieties at your local farmers' market or grow your own. Clarke recommends buying seeds from an online heirloom seed group such as Seedsavers.org or buying an heirloom tomato seedling. JULIE STEWART (REPRINTED WITH PERMISSION OF WOMEN'S HEALTH MAGAZINE © RODALE INC.)



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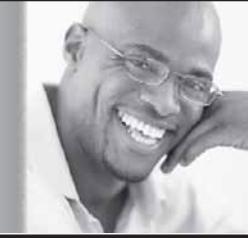
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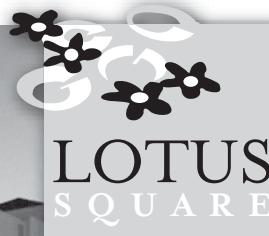
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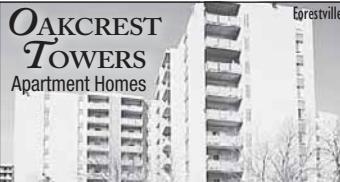
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Sound Bets



COURTESY DANIEL PUJOL

The Silver Underground

If you don't count the folks who had to be there — musicians, restaurant workers — there were about nine people at Sunday's matinee concert



By Christopher Porter

at Quarry House in Silver Spring, Grant-ed, California's the Moonhearts, Nash-ville's Pujol, above, and D.C.'s The Lolitas are under the radar, but I imagine our area's numerous arts-promoting pub-lications knew about this garage-rock event. Throw in a \$5 cover and a rainy Sunday and I figured the show would draw at least 15 people. Oops.

Tara Robles, who runs City Slang Booking, said she wants to keep alive the "D.C. tradition" of matinee concerts. But since this show was in the "burbs" — a block from Silver Spring Metro, about a mile from the District line; the middle of nowhere, right? — and Washington is already full of regular music venues, it might be expecting too much to have even a minuscule audience in the less-than-ideal backroom of a basement bar.

But props to Robles for her hard work. Not only did I see a good show, I discovered a great new band in Pujol.

Brian Wilson puts his own spin on the legendary musician's jazzy compositions

Album Review

In 2004, Brian Wilson scored a critical and commercial victory by releasing a completed version of "Smile," the legendary "Pet Sounds" follow-up he'd originally begun work on in 1966. Six years later, the Beach Boys mastermind is reaching even further back in time for his latest project, "Brian Wilson Reimagines

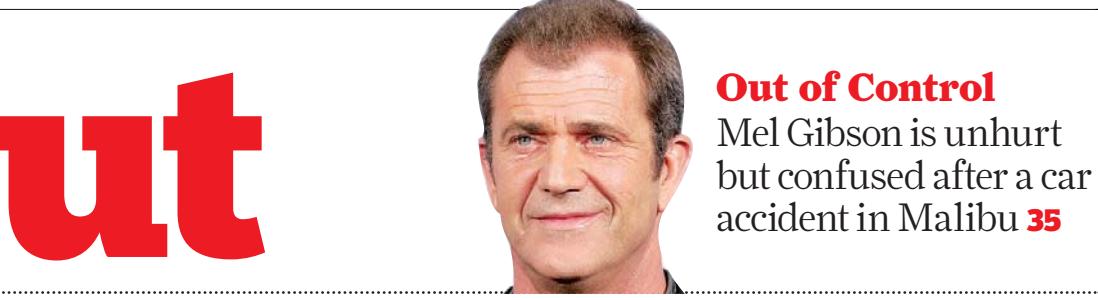


Brian Wilson Reimagines Gershwin
Brian Wilson

Gershwin," out Tuesday from Walt Disney Records.

"When I was 2 years old, my mom would play 'Rhapsody in Blue' for me, and I just loved that song," he says while relaxing at his home in Beverly Hills. Wilson, 68, singles out George Gershwin's orchestral-jazz classic as one of his three favorite compositions.

"Later on, a friend of mine who was an expert on Gershwin asked me, 'How'd you like to play the main theme on piano?' and I said, 'Sure!'" Wilson continues. "It took us about two weeks: I'd play a little bit from the Leonard Bernstein recording, then I'd go to my piano, then back to Bernstein, then back to my piano, until I got the whole thing down."



Out of Control

Mel Gibson is unhurt but confused after a car accident in Malibu **35**

Gershwin's Vibrations



Brian Wilson resurrected unfinished fragments of Gershwin's songs for the 14-track "Brian Wilson Reimagines Gershwin."

"When I was 2 years old, my mom would play 'Rhapsody in Blue' for me, and I just loved that song."



Target Demographics For Mature Audiences

The label hopes to connect "Reimagines" with the same listeners who turned Susan Boyle's "I Dreamed a Dream" into a triple-platinum blockbuster. "It's about reaching out to a number of outlets — AARP, Parade magazine, 'Charlie Rose,' '60 Minutes,'" label GM Jim Weatherston said. Brian Wilson isn't alone in targeting an increasingly older demographic. The median age for viewers of major TV networks is 51 — an age that was barely on the radar two decades ago — The Associated Press reported Monday. (BILLBOARD.COM/AP)

"Brian Wilson Reimagines Gershwin" opens with a lush, stacked-harmony rendition of "Rhapsody" and closes with a brief reprise. In between, Wilson and his longtime

backing band tackle such standards as "They Can't Take That Away From Me," "I Got Rhythm" and "Someone to Watch Over Me," as well as a mini-suite of materi-

al from "Porgy and Bess," Gershwin's groundbreaking 1935 opera. The 14-track set, which Wilson produced in three weeks, also includes a pair of new songs Wilson based on unfinished fragments Gershwin left behind after his death in 1937.

"One thing we really wanted to avoid was schmaltzing this stuff up," says Paul Mertens, who plays saxophone in Wilson's band and spearheaded the musical direction on "Reimagines." "We were trying to play the songs as if they were Brian's music, and Brian did them in the way only he could."

MIKAEL WOOD (BILLBOARD.COM)

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Comments? Give Christopher your feedback:
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Compiled by Fiona Zublin. For more upcoming events, follow the Top Stops blog at expressnightout.com/topstops.

**top
stops**



1 High Society

"The Philadelphia Story" sounds, in theory, like a typical idiotic modern rom-com: A woman sees her ex-husband again on the eve of her marriage to another man! A handsome reporter enters the scene! WHAT WILL HAPPEN? But this movie turns out to be great, thanks to a witty script and the presence of Katharine Hepburn and Cary Grant. *Shirlington Library, 4200 Campbell Ave., Arlington; 6:30 p.m., free; 703-228-6545, Library.arlingtonva.us.*

expressnightout.com lookout

2 Welcome to The Jungle

It turns out that the Phoenix, Ariz.-based Miniature Tigers were discovered on Myspace, which makes us feel good — it's reassurance that even though the Internet gave us Justin Bieber, it also has given us a wonderful band whose appealing melodies and crystal-clear, interesting lyrics make us hope they stick around. *Black Cat, 1811 14th St. NW; 6:30 p.m., \$12; 202-667-4490, Blackcatdc.com.* (USt.-Cardozo)

3 Luck of the Irish

The Capital Irish Film Festival brings D.C. two free screenings tonight: "Strange Days Are These," a mockumentary about an Irish moviemaker in the Ed Wood tradition, and the short "Whatever Turns You On," about a handsome homeless man who disrupts an electronics store. *R.S.V.P. to emma@solas-nua.org. Renaissance Dupont Circle Hotel, 1145 New Hampshire Ave. NW; 7 p.m., free; Irishfilmdc.org. (Dupont Circle)*



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HIST
8:00

Gates of Hell This two-hour special takes viewers around the world to six locations believed by some to be actual entrances to hell itself, including a cave in Central America and a volcano in Iceland.



18 to Life Tom and Jessie (Michael Seater and Stacey Farber, left) open a joint bank account, but Tom soon realizes he's the only one adding to their assets. Judith asks Tara to be her workout partner but winds up converting the other woman to the "martini lunch workout."

ABC
9:00

Shaq VS He's taller; that should give Shaq a leg up when he competes with champion sprinter Tyson Gay on the track. Also in this new episode, Shaq pits his culinary skills against those of Rachael Ray.

BRAVO
10:00

The Rachel Zoe Project Rachel takes a pre-Fashion Week meeting with Gwen Stefani. Naomi Campbell makes a staggering request for Rachel to style a runway show for charity. (TRIBUNE MEDIA)



MELISSA & JOEY

Older, Not Wiser

FAM
8:00

Remember Melissa Joan Hart and Joey Lawrence? They're back, in "Melissa & Joey." Hart plays Mel, a former party girl turned politician. She has also taken charge of her rambunctious niece and nephew after their mother is jailed for financial fraud. Their father, Mel's brother, has gone on the lam. Joe (Lawrence) bursts into Mel's life as a stockbroker ruined by her brother's criminal doings. KEVIN McDONOUGH (UNITED FEATURE SYNDICATE)

BOB D'AMICO/ABC FAMILY

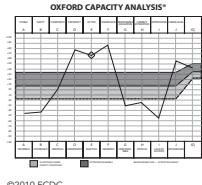
Premiere



Three Stooges

Even after losing his job and being forced to move back in with his parents, Josh Franklin (Chris Gethard) refuses to give up on his dreams in the new sitcom "Big Lake" (10 p.m. on Comedy Central). Together with his childhood friends (Chris Parnell and Horatio Sanz), he sets out to save his hometown. (TRIBUNE MEDIA)

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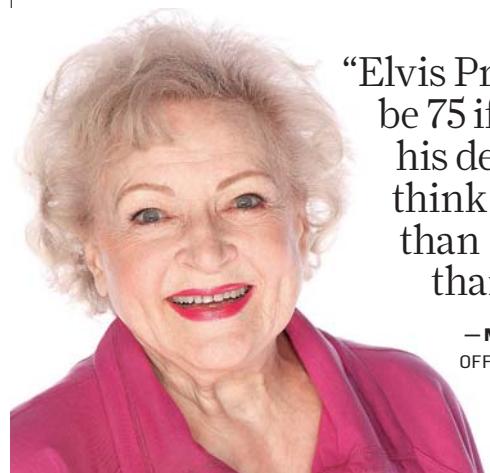
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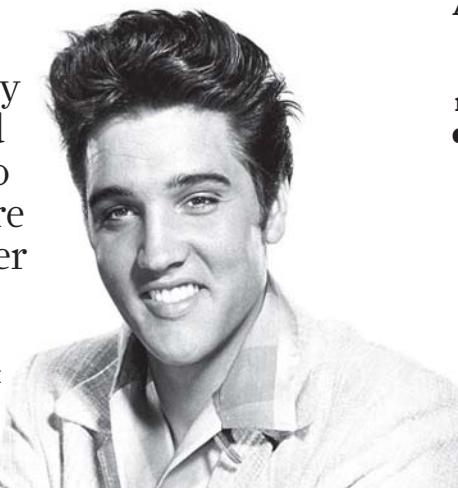
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Blog Log

"To be honest, I kind of thought 'The Hoff' got off easy. Nothing was really said about him that was cringe-worthy. Although truth be told, as the host said, it's tough to roast a guy whose entire life is a joke to begin with."

— **BOSTON.BARSTOOL-SPORTS.COM** THOUGHT THERE WERE MORE JOKES MADE ABOUT HULK HOGAN THAN DAVID HASSELHOFF AT THE HOFF'S ROAST, WHICH AIRED SUNDAY ON COMEDY CENTRAL.

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Horoscope

LEO (July 23-Aug. 22) It may not be for you to judge the reasons behind another's behavior, but you may have to decide what happens because of it.

VIRGO (Aug. 23-Sept. 22) You may have to change your thinking in some small but significant way in order to consider things you haven't in the past.

LIBRA (Sept. 23-Oct. 22) You may feel as though it's up to you to remember everything—and do most of it, too—but you do have a teammate who is standing by.

SCORPIO (Oct. 23-Nov. 21) News comes your way that may help you determine which path to take when you reach a crossroads. It's neither good nor bad—yet.

SAGITTARIUS (Nov. 22-Dec. 21) You may have to answer a few tough questions before you are able to make a move one way or the other. Don't go easy on yourself.

CAPRICORN (Dec. 22-Jan. 19) Your own examination of the facts may lead you to a different conclusion from that reached by the so-called experts.

AQUARIUS (Jan. 20-Feb. 18) Things may be more complicated than expected, but soon you can arrange things so that they are more streamlined.

PISCES (Feb. 19-March 20) If you're trying to persuade others to change sides, you must do so in a sincere, wholehearted fashion.

ARIES (March 21-April 19) Promises made some time ago are remembered as you try to figure out how things got to this point. Juggle the bad and the good.

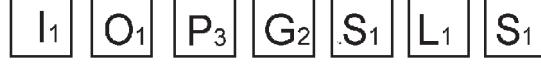
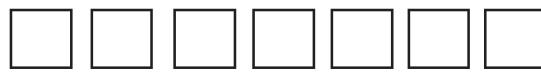
TAURUS (April 20-May 20) You're in no shape to take on every adversary at once; take care that you are seeing things in a realistic fashion and from every angle.

GEMINI (May 21-June 20) You'll have reason to celebrate one or two small developments, for they are likely to open the door to big opportunities.

CANCER (June 21-July 22) Give yourself a chance to see things from a different perspective, and you'll be able to swing back into action with a better attitude.

Scrabble Grams

PAR SCORE 140-150, BEST SCORE 212



2nd Letter Double

Triple Word Score

Yesterday's Solution

H ₄	E ₁	A ₁	D ₂	S ₁	E ₁	T ₁	RACK 1 =	62
U ₁	P ₃	W ₄	A ₁	F ₄	T ₁		RACK 2 =	14
N ₁	O ₁	N ₁	C ₃	O ₁	L ₁	A ₁	RACK 3 =	59
V ₄	A ₁	C ₃	U ₁	I ₁	T ₁	Y ₄	RACK 4 =	95
							TOTAL	230
PAR SCORE 145-155								

FOUR RACK TOTAL

Make a 2-7 letter word from the letters in each row. Add points of each word using scoring directions at right. 7-letter words get a 50-point bonus. Blank tiles used as any letter have no point value. Scrabble is a trademark of Hasbro in the U.S. and Canada.

Sudoku

MEDIUM

7							8	
3	6						2	
8							3	5
							9	2
8							3	2
							5	7
3	1	6					9	
4							6	7
							9	3

Yesterday's Solution

1	2	9	4	5	8	3	7	6
5	8	7	1	3	6	4	9	2
3	4	6	2	9	7	5	1	8
8	3	2	6	7	1	9	4	5
7	5	4	9	2	3	8	6	1
6	9	1	8	4	5	2	3	7
4	7	5	3	1	2	6	8	9
2	6	3	7	8	9	1	5	4
9	1	8	5	6	4	7	2	3

Need more Sudoku? Find another puzzle in the Comics section of the Post every Sunday and in the Style section Monday through Saturday.

© PUZZLES BY PAPPOCOM

Comics

FIND MORE COMICS AT EXPRESSNIGHTOUT.COM

POOCH CAFE | PAUL GILLIGAN



PEARLS BEFORE SWINE | STEPHAN PASTIS



Forecast



90 | 73

Today: Hot today with a thunderstorm. A shower or thunderstorm tonight.



82 | 68

Tomorrow: Thunderstorms tomorrow. Showers and a thunderstorm tomorrow night.



Looking Ahead



THU | FRI



SAT

89 | 72 | 92 | 74 | 89 | 75

Sun and Moon

Sunrise today: 6:23 a.m.
Sunset today: 8:01 p.m.
Moonrise today: 3:10 p.m.
Moonset today: none

Almanac

Normal high: 86
Record high: 102
Normal low: 69
Record low: 54

FORECAST BY ACCUWEATHER.COM ©2009

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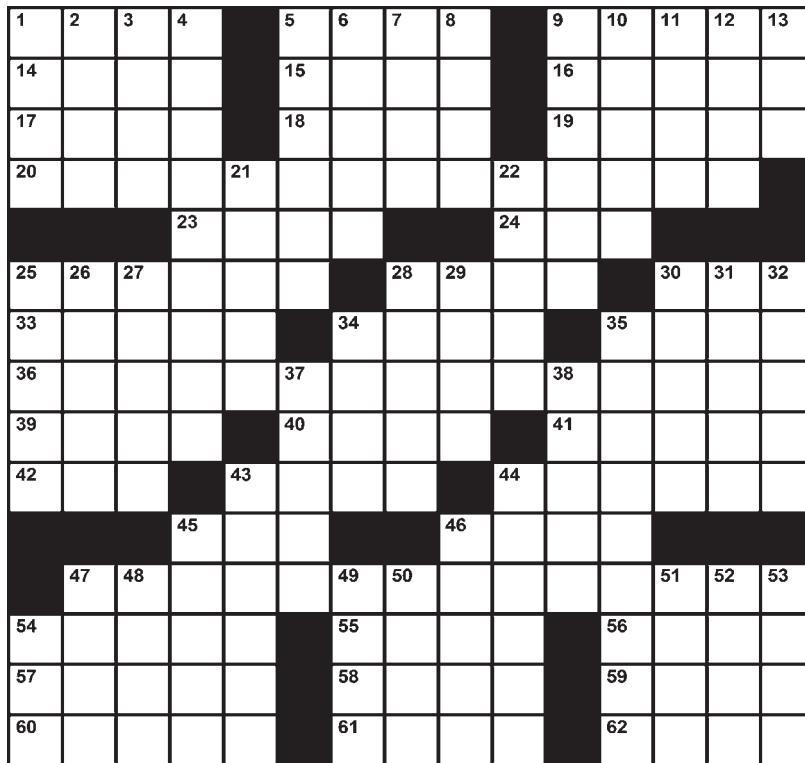
lookout puzzles

FOR TRUE ARTISTS

Crossword

ACROSS

- Collectible
- 5 Son, in Paris
- 9 "Platoon" director Oliver
- 14 Phrase of lament
- 15 "Permit Me Voyage" author James
- 16 Church instrument
- 17 Horse's flyswatter
- 18 Reunion bunch
- 19 Gauchos' tools
- 20 What an artist creates flourishes with
- 23 "Do ___ others as you would ..."
- 24 "I heard him exclaim, ___ he drove out of sight ..."
- 25 Tenants sometimes break them
- 28 Tools for a leatherworker
- 30 "Washboard" body parts
- 33 Smith's hammering block
- 34 Not intravenous, as a drug
- 35 Nutritious bean (Var.)
- 36 What an artist may do in celebration?
- 39 Beau for a doe
- 40 "Getting warmer," e.g.
- 41 Try to swat
- 42 "Hallow" ending
- 43 Public upheaval
- 44 Rogue or scoundrel
- 45 Coffee holder
- 46 "Slipped" backbone part
- 47 Follow a dentist's artistic advice?
- 54 Floating above the rooftops
- 55 Merry-go-round music, e.g.
- 56 Like the spotted owl
- 57 "Lady Marmalade" singer LaBelle
- 58 Attachment for "trust" or "social"
- 59 "The Greatest Story ___ Told"
- 60 System of moral values
- 61 Meat counter choice
- 62 Palindromic mortgage document

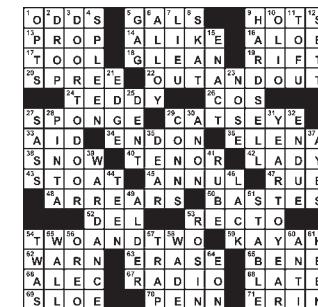


EDITED BY TIMOTHY E. PARKER

DOWN

- Stable staples
- One of the five W's
- Desert dignitary
- Ridding of lice
- Aspects
- Inuit shelter
- Table extension
- Forwarded
- Dries out (with "up")
- Figurative use of a word
- Look at from head to toe
- Bridge ancestor
- Woody
- Female part of a flower
- Civilian clothes, for a soldier
- Mississippi's mouth
- Cry plaintively
- IRA type
- Scandinavian royal name
- Laughed quietly
- Chicken breast
- alternative
- Widths of some spaces
- Prepared for a dubbing
- Pick-up line?
- Expire, as a subscription
- A maternal relation
- Kind of flu
- Looks ___ everything
- Light bulb power unit
- Major blood vessel
- How some play the piano
- say (unfortunately)
- Birthplace of Aviation state
- Spoke
- Bridge ancestor
- Female part of a flower
- Civilian clothes, for a soldier
- Mississippi's mouth
- Cry plaintively
- IRA type
- Scandinavian royal name
- On cloud ___ (elated)
- Gutter support
- Hammock holder
- Cowpoke's charge
- Practice monkey-see, monkey-do

Yesterday's Solution



Today in History

1863

Federal batteries and ships began bombard Fort Sumter in Charleston harbor during the Civil War, but the Confederates managed to hold on despite several days of pounding

1960

The newly renamed Beatles, consisting of John Lennon, Paul McCartney, George Harrison, Stuart Sutcliffe and drummer Pete Best, begin their first gig in Hamburg, West Germany.

express



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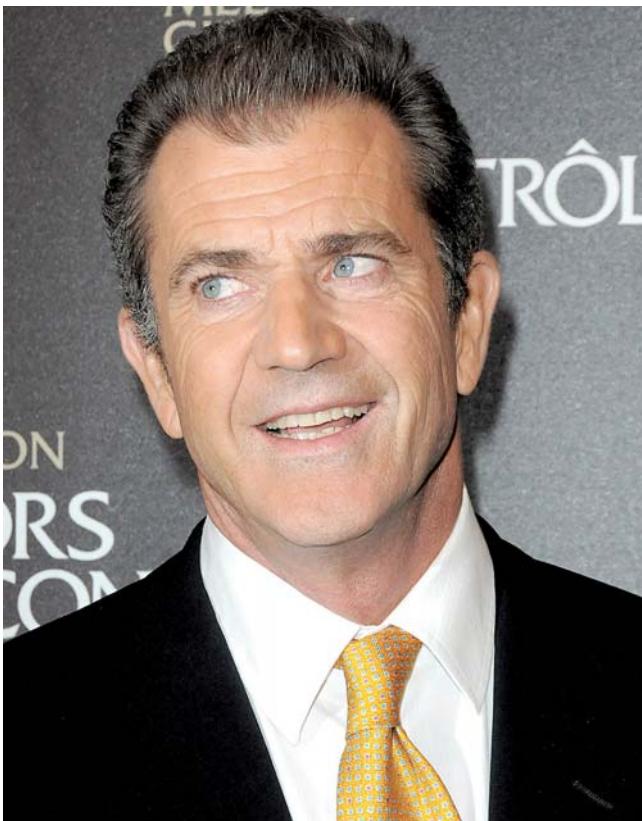
people lookout



FAME

Self-Delusion Is So Attractive in a Partner

Nicole "Snooki" Polizzi's new boyfriend, Jeff Miranda, tells Radaronline.com "I don't care about the cameras." Also in the interview, Miranda notes that he wants to be an actor — "I have the gift" — but he's not using Snooki as a means to an end — "I'm a man and I've got what it takes to make it." On the cast, "everyone else seems to be cool with me except for Vinny," he said. (EXPRESS)



GETTY IMAGES

Mel's Maserati will soon release profane text messages from its master.



ENERGY

Sub Runs on Special Money-Burning Engine

James Cameron celebrated his 56th birthday Monday deep beneath Russia's Lake Baikal, in a submersible about 5,200 feet below the surface of the world's oldest and deepest freshwater lake. Cameron used a Mir-1, the same craft that helped film "Titanic." He says he is building a submarine in Australia that will take him 36,000 feet underwater and has plans for an underwater feature film. (AP)



ALBERTO RODRIGUEZ/GETTY IMAGES

Michael Douglas won an Oscar for "Wall Street"; the sequel opens this fall. (AP)

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Dirthbag Digest

Now Available for Bar, Bat Mitzvahs

Danielle Staub has been asked not to return to the "Real Housewives of New Jersey" for season 3, Life & Style reported. Staub did not confirm or deny, saying in a statement, "I'm not even thinking about season 3 right now as I am considering many incredible options that have been presented to me." (One option: She told Life & Style she was in talks for a spin-off.) Bravo did not comment on season 3 casting. (EXPRESS)

"I did laugh when I saw the photographs."



— SAMANTHA RON-
SON, NOTED HATER OF
TILA TEQUILA, TWEETS
HER REACTION TO
PICS OF HER NEMESIS'
BATTERED FACE FOLLOWING A RUN-IN WITH
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